

*taittirīya upaniṣat (mahānārāyanāya) IV. 16 - 19.*

– *tapah praśamsā*

yaśchandasāmṛṣabho

viśvarūpaśchandobhyaśchandāḡsyāviveśā |

satāgṃ śikyāḡ provācopaniṣadindrō jyeṣṡha indriyāya

ṛṣibhyo namō devebhyassvadhā piṡrbhyo

bhūrbhuvassuvarom || 16 ||

om namō brahmaṇe dhāraṇam me astvanirākaraṇam

dhārayitā bhūyāsam karṇayośśrutam mā cyodhvam

mamāmuṣya om || 17 ||

om ṛtam tapassattyaṃ tapāśśrutam tapāśśāntam tapo

dānam tapo yajñastapo

bhūrbhuvassuvarbrahmaitadupāsvaitattapaḡ || 18 ||

yathā vṛkṣasya sampuṣpitasya dūrādgandho vātyevaṃ

punyaṣya karmaṇō dūrādgandho vāti yathā sidhārām

karte vahitāmavakāmedyadyuve yuveha vā viḡhvaliṣyāmi

kartam paṡiṣyāmityevamamṛtādātmanam jugupset || 19 ||